



## ***Division of Public Health Services***

*Office of the Assistant Director  
Public Health Prevention Services*

150 N. 18<sup>th</sup> Avenue, 320  
Phoenix, Arizona 85007  
(602) 364-1400  
(602) 364-1494 FAX

JANICE K. BREWER, GOVERNOR  
WILL HUMBLE, DIRECTOR

March 12, 2010

Dear Colleague;

National Women's Health Week is an annual weeklong observance focused on empowering women to make their health a priority. Women's Health Week is always launched on Mother's Day and will be observed May 9-15, 2010. The theme for 2010 is "It's Your Time" and is intended to encourage women to adopt simple behaviors for a "longer, healthier, and happier life."

At the federal level, the U.S. Department of Health and Human Service's Office on Women's Health coordinates Women's Health Week. At the state level, the Arizona Department of Health Services, Bureau of Women's and Children's Health is sponsoring a series of health presentations and coordinating a multi agency walk for "Women's Health". Women living in all of Arizona's communities will benefit from increased awareness of the importance of improving their health. As such, I would like to take this opportunity to encourage your agency to organize an event in support of "It's Your Time" in your community.

The Centers for Disease Control and Prevention and the Office on Women's Health offer excellent resources for ideas on how your agency could celebrate Women's Health Week. Their website addresses are <http://www.cdc.gov/women/nwhw/celebratenwhw.htm> and <http://www.womenshealth.gov/whw>. These sites provide guidance on how to plan an event, a list of available resources, and the opportunity to register your event and have your event posted on the women's health website.

The benefits gained by spotlighting the importance of women doing even little things to improve their health and teaching them how they can achieve this in their busy lives could have a long-term impact. I hope you will join us in observing National Women's Health Week by hosting an event that allows women in your community to learn how to live a long and fulfilling life.

If we can be of assistance during the planning process for your local event, please do not hesitate to contact me at [sjolans@azdhs.gov](mailto:sjolans@azdhs.gov) or 602-364-1400.

Sincerely,

Sheila Sjolander, MSW  
Chief  
Bureau of Women's and Children's Health

SS:AM:cc